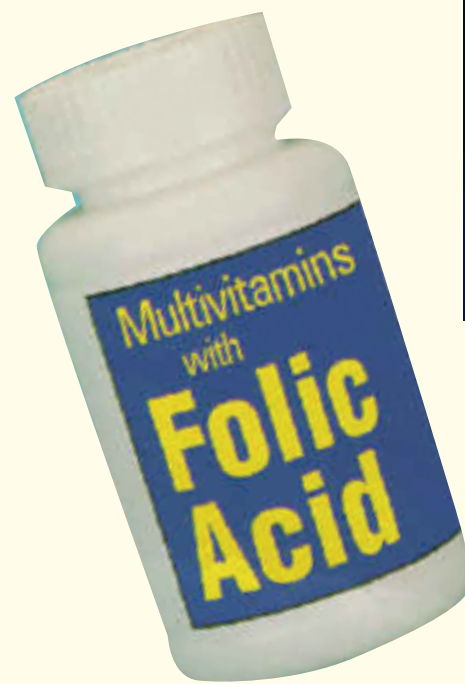
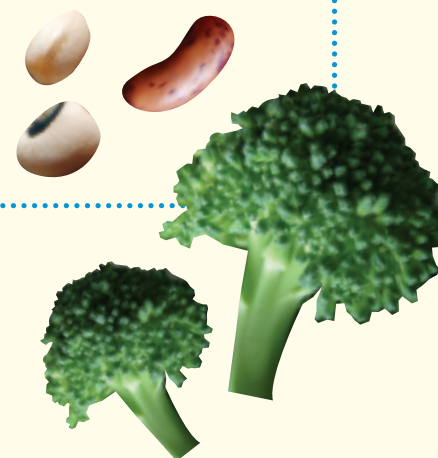


spread the
word



It's easy to
be healthy

- Take a multivitamin with folic acid daily
- Eat fruits and vegetables
- Choose pasta, rice, bread and cereals enriched with folic acid



folic acid

now you're
talking healthy!

This simple B vitamin may protect
You

- against heart disease
- against several types of cancer

Your future baby

- against 70% of spinal cord birth defects



make the
connection



It's wise
to plan ahead

- Know folic acid helps prevent some birth defects
- Build up folic acid in your body before you get pregnant



Learn more at
www.vahealth.org/wic/folicacid.htm
or call 804-864-7800

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